

Instructions for Producing a Small Floor Map

SUPPLIES NEEDED FOR TWO SMALL FLOOR MAPS

Each small Floor Map serves a group of 4-5 participants.

1. 8 1/2" x 11" paper in the following colors:
 - orange, 2 sheets
 - white, 3 sheets
 - yellow, 3 sheets
 - red, 3 sheets
 - blue, 3 sheets
 - green, 3 sheets
2. Photocopier
3. Laminator and seventeen 8 1/2" x 11" laminating sheets
4. Strong tape (e.g. clear packaging tape)

DESCRIPTION OF COMPLETED SMALL FLOOR MAP

The Small Floor Map is designed to be used by a small group of participants. It is half the size of the Floor Map, but otherwise identical, and consists of four sections: (1) Four D's of Disconnection, (2) Self-Empathy, (3) Honesty, and (4) Empathy. Each section contains color-coded laminated pieces joined together in a vertical formation. *See Photo and Layout under G3 Floor Map*

STEP-BY-STEP INSTRUCTIONS FOR PRODUCING TWO SMALL FLOOR MAPS

1. Print one copy of each template. Use colored paper as indicated below.

Section 1: Four D's of Disconnection (two pieces)

1. Template G4-1: Four D's of Disconnection (orange)
2. Template G4-2: Diagnosing, Denying, Deserve, Demanding (orange)

Section 2: Self-Empathy (five pieces)

1. Template G4-3: Self-Empathy (white)
2. Template G4-4: Observation (yellow)

GENERAL LEARNING AID G4 — Instructions for Producing a Small Floor Map

3. Template G4-5: Feeling (red)
4. Template G4-6: Need (blue)
5. Template G4-7: Request (green)

Section 3: Honesty (five pieces)

1. Template G4-8: Honesty (white)
2. Template G4-9: Observation (yellow)
3. Template G4-10: Feeling (red)
4. Template G4-11: Need (blue)
5. Template G4-12: Request (green)

Section 4: Empathy (five pieces)

1. Template G4-13: Empathy (white)
2. Template G4-14: Observation (yellow)
3. Template G4-15: Feeling (red)
4. Template G4-16: Need (blue)
5. Template G4-17: Request (green)

2. Laminate each piece.
3. Cut all laminated sheets in half to make two Small Floor Maps.
4. Use tape to attach the pieces for each section. Tape the back and front of the laminated pieces, leaving a little space in between pieces so that they may be folded over each other for storage.

TEMPLATES PROVIDED

See list of 17 templates arranged by section in the Step-by-Step Instructions, above.

FOUR D'S OF DISCONNECTION

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FOUR D'S OF DISCONNECTION

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- **Diagnosing or judging**
- **Denying responsibility**
- **Deserve-type thinking
(implying punishment or reward)**
- **Demanding**

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- **Demanding**

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SELF- EMPATHY

Conscious intention to
connect with self

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SELF- EMPATHY

Conscious intention to
connect with self

OBSERVATION

What happened?
(facts only)

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OBSERVATION

What happened?
(facts only)

FEELINGS

How am I feeling
now about it?

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FEELINGS

How am I feeling
now about it?

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NEEDS

What do I need
now?

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NEEDS

What do I need
now?

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REQUEST

What might be my
present request for
connection or action?

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REQUEST

What might be my
present request for
connection or action?

HONESTY

Conscious intention to
connect with others

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HONESTY

Conscious intention to
connect with others

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When I
HEAR, SEE,
TASTE, TOUCH,
SMELL,
*or remember hearing, seeing,
tasting, touching, smelling ...*

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When I
HEAR, SEE,
TASTE, TOUCH,
SMELL,
*or remember hearing, seeing,
tasting, touching, smelling ...*

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I FEEL ...

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I FEEL ...

because

I NEEDED

(value, dream of) ...

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because

I NEEDED

(value, dream of) ...

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Would you be willing to:

- *tell me how you feel, hearing what I just said?*
- *tell me what you heard me say?*
- **[do] ... ?** (specify concrete action)

Would you be willing to:

- *tell me how you feel, hearing what I just said?*
- *tell me what you heard me say?*
- **[do] ... ?** (specify concrete action)

EMPATHY

Conscious intention to
connect with other

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EMPATHY

Conscious intention to
connect with other

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*When you **HEAR,***
SEE, TASTE,
TOUCH, SMELL ...,
*or remember hearing, seeing,
tasting, touching, smelling ...*

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*When you **HEAR,***
SEE, TASTE,
TOUCH, SMELL ...,
*or remember hearing, seeing,
tasting, touching, smelling ...*

do you
FEEL ...

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do you
FEEL ...

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because you

NEED

(value, dream of) ...

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because you

NEED

(value, dream of) ...

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Would you like:

- *me to tell you how I feel?*
- *me to tell you what I heard?*
- *me to [do] ... ?*

(specify concrete action)

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Would you like:

- *me to tell you how I feel?*
- *me to tell you what I heard?*
- *me to [do] ... ?*

(specify concrete action)

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